

# LONA TEACHES BLISS – ELECTRONIC PRESS KIT

**An initiation into your own aliveness.**

**Not just a workshop at a festival.**

**A remembrance of your original frequency of bliss.**

Experiences that wake the body, expand the heart,

and dissolve the trance of numbness.

**Lona is a Neo Tantra Teacher & Sexual Liberation Coach**

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## **Perfect for Festivals**

I create experiences where people don't just learn new skills. They cross thresholds. My workshops blend Tantric embodiment, sensuality, somatic experiences, emotional honesty, and community connection to bring students back to the parts of themselves that have long been asleep.

People leave my sessions with a clarity they can feel in their bodies. Not conceptual understanding but lived truth. I guide them into the edges of their comfort with enough containment that they discover how liberating it feels to say yes to their own aliveness.

My teaching is built for festival environments where people arrive hungry for connection, expression, and real moments of growth, and leave with more than they ever bargained for. Plus, students leave with free guided audio practices so they can go deeper long after the festival ends.

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## **Signature Workshops from Lona Teaches Bliss**

### **Sensual Embodiment**

A movement-based awakening for those operating from the neck up. Through breath, movement, sound, guided exploration, and energy students rediscover the pleasure and clarity of their body sensations and awaken their fully alive body. Done fully clothed. To be in the senses is to be sensual! Sensual and sexual are not the same.

By the end they'll feel:

- ❖ A shift from numbness to sensation
- ❖ Rebuilt safety inside pleasure
- ❖ Expression of aliveness without self-abandonment

### **Connection Jam**

The perfect workshop for festivals! People come hungry to connect with others, and this workshop will have them meeting at least 30 new people in ways that are deep, silly, profound, and playful. They get to see beyond just the physical person in front of them and connect to their souls.

By the end they'll feel:

- ❖ A childlike joy and love
- ❖ Deep gratitude for the souls in the community
- ❖ Cracked open into vulnerability, trust, and belonging

### **Open Your Heart**

A somatic journey into vulnerability, emotional expansion, and the courageous art of being fully seen. This is where students step past protection and discover the strength beneath their tenderness. We'll open

not only the emotional heart, but the physical, energetic, and soul levels, too.

By the end they'll feel:

- ❖ Their hearts open beyond the armor they came with
- ❖ Love built through embodied presence in community
- ❖ Connection without collapsing or performing

Plus, a bonus signature workshop for **edgy festivals...**

### **Sex Magick**

This is the art of manifesting with pleasure! It's a ritual experience that blends sensual exploration (with clothes on), intention, and embodied power. Students awaken the raw voltage of their sexual energy and learn how to direct it towards creation, magnetism, and empowerment.

By the end they'll feel:

- ❖ The visceral power of their desire
- ❖ Channeled erotic energy into creation
- ❖ Experience the power of manifesting with their pleasure

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### **What Facilitates Aliveness in My Workshops?**

Students wake up from numbness because the intentional arc of the experience leads them into a moment where sensation and clarity break through. It isn't one technique. It's how the journey builds, sustains, and completes. Breath, pleasure, vulnerability, and emotional truth converge until the noise drops and they can feel their original frequency of bliss again. Suddenly they can feel the present moment inside their bodies with unmistakable clarity. It's a breakthrough born from the entire container skillfully prepared by my many years of experience leading.

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## **What My Presence Feels Like**

My presence is grounded in a way that feels like a full permission slip. It's alive in a way that calls them into their own aliveness. And it's liberating in a way that demonstrates what's possible when performance falls away and truth reigns.

I don't teach from a pedestal. I teach from the exact state I invite them into: embodied, grounded, present, and alive. That congruence creates trust. That trust opens them up to receive the message. That opening makes growth inevitable even in a short workshop at a busy festival!

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## **Credentials and Experience**

- ❖ Number of workshops facilitated: Over 150
- ❖ Number of students taught: Over 3000
- ❖ Largest single workshop attendance: 250
- ❖ Festivals previously taught at:
  - Cascade Equinox 2025
  - Soulplay 2024
  - Burning Man: 22, 23, 24, 25
  - Evolution of Souls: 22, 23, 24, 25
- ❖ Hours of training to hold these kinds of workshops: Over 1000

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## **Organizer Information**

For the workshops to have the biggest impact, here's what I'll need.

**Workshop Setup:** Open floor, no shoes, soft lighting ideal, shade if during the day.

**Group Size:** Ideally 100. Minimum 30. No maximum. I'm very comfortable in front of any size crowd.

**AV Needs:** Microphone. Speakers. Bluetooth audio connection, or if wired that it is accessible from where I'm teaching.

**Safety & Container Practices I bring:** Clear consent frameworks, trauma-informed guidance, lgbtqia+ inclusion, honored lineages, space for emotional expression, integration prompts, free guided audios to go deeper after it's over.

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## **Social Media Links & Website**

Instagram: [www.instagram.com/Lonateachesbliss](https://www.instagram.com/Lonateachesbliss)

Website: [www.lonateachesbliss.com](https://www.lonateachesbliss.com)

Email: [Lonagarner@gmail.com](mailto:Lonagarner@gmail.com)

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## **Testimonials**

**She's clearly in her element:** "I had the pleasure of attending two of Lona's workshops and was blown away! I walked away with new tools to develop intimacy not only with partners, but also with myself. As someone who has struggled with both, this is extremely impactful for me! Not only is the content great, Lona herself is an amazing facilitator. She held the space beautifully, and made sure everyone understood, but what really stood out

was her complete embodiment of her role. She's clearly in her element!" – Val

**She led us fiercely into dark spaces:** "I attended an incredible 3-hour workshop with Lona at Burning Man. She led us fiercely into dark spaces and helped us come out on the other side. I could palpably feel her support and have subsequently recommended friends and loved ones work with her since. She is potent!" – ML

**Safe environment for exploration:** "Lona is knowledgeable, experienced and playful. She encourages everyone to notice and communicate their boundaries, creating a very safe environment for exploration. As a long-time lover of tantra, I appreciate what an inspiring teacher Lona is! And I LOVE her music choices!" – Wendolyn Turkette

**A professional:** "Me and my boyfriend have been struggling in our consent area and Lona helped us understand this area of our relationship and why it wasn't working so much better! I feel like we have grown as a couple after meeting with Lona and I would recommend her to anyone looking for extra support in this area. She is definitely a professional and knows what she's doing!" – Taylor

**I was elated and floating on a cloud:** "I had no idea what to expect at Lona's workshop, but I loved the experience and got so many practical tools and techniques for healing myself. By the end of the workshop I was elated and felt like I was floating on a cloud! Go to her workshops!!!" – Sasha

**Beyond anything I expected:** "Lona's skills at putting together a workshop blew me away and were beyond anything I had expected! She's incredible at what she does!" - Lex

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## **Bios for Lona Teaches Bliss**

[Short Bio](#)

Lona is a Neo Tantra Teacher and Sexual Liberation Coach known for her high level, transformational workshops that awaken pleasure, truth, and tangible aliveness. Her teaching blends Tantric experience, somatic intelligence, and embodied wisdom to awaken bliss!

### Long Bio

Lona, a Neo Tantra Teacher and Sexual Liberation Coach, teaches experiences that guide people out of numbness and into embodied aliveness. Her work blends Neo Tantra, somatic practice, and embodied wisdom to help students move past the protective layers and reconnect with the truth living inside their bodies. She is known for her ability to hold high-energy spaces with grounded presence, emotional intelligence, and clear consent-based facilitation.

Over the years in over 150 workshops for over 3000 students, Lona has developed a style that is raw, honest, sensual, and deeply transformative. She leads workshops that are perfect for retreats, festivals, and gatherings that honor sacred pleasure, authentic connection, and embodied truth.

### **Photos:**





